

Safe Sleep Resource List
Compiled by Anne Altshuler, RN, MS, IBCLC, 9/14/15

"SIDS and Other Sleep-Related Infant Deaths: Expansion of Recommendations for a Safe Infant Sleeping Environment" <http://pediatrics.aappublications.org/content/early/2011/10/12/peds.2011-2284.full.pdf>

Colvin, Jeffrey, Vickie Collie-Akers, Christy Schunn and Rachel Moon. "Sleep Environment Risks for Younger and Older Infants." *Pediatrics* Vol. 134, no. 2, August 2014. Published on line 7/14/14.
<http://pediatrics.aappublications.org/content/early/2014/07/09/peds.2014-0401.full.pdf+html>

Resources for Parents:

"Safe Sleep for You and Your Baby: A Guide for Breastfeeding Families" Color pamphlet from Kathleen Kendall-Tackett, PhD, IBCLC, 2010
<http://www.breastfeedingmadesimple.com/KKTtearsheet.pdf>

"Safe Cosleeping Guidelines" from the Mother-Baby Behavioral Sleep Laboratory, Notre Dame University
<http://cosleeping.nd.edu/safe-co-sleeping-guidelines/>

Infant Sleep Information Source: <http://www.isisonline.org.uk/>
Information for parents and caregivers from Professor Helen Ball and the Durham University Parent – Infant Sleep Lab, United Kingdom.

Sweet Sleep: Nighttime and Naptime Strategies for the Breastfeeding Family by Diane Wiessinger, Diana West, Linda Smith and Teresa Pitman. Random House, 2014.

Bartick, Melissa, MD. "Five Things You Need to Know About Sharing a Bed With Your Infant." WBUR's Common Health, WBUR 90.9, Boston's NPR News Station. December 30, 2014. <http://commonhealth.wbur.org/2014/12/infant-bed-sharing-tips>

Darcia Narvaez, Phd Blog Series called "Moral Landscapes" on "Psychology Today" web site.
<http://www.psychologytoday.com/blog/moral-landscapes/201305/bed-sharing-babies-what-is-the-hype-about>

Special January-February 2009 issue of Mothering Magazine to address concerns with the New York State anti-bedsharing campaign and the general anti-bedsharing message in public health campaigns: https://cosleeping.nd.edu/assets/25460/shared_sleep_reprint.pdf

Resources for Health Care Practitioners:

Academy of Breastfeeding Medicine Protocol on Cosleeping and Breastfeeding (2008)
<http://www.bfmed.org/Resources/Protocols.aspx> See Protocol #6

Breastfeeding LA Statement on Safe Sleep: <http://breastfeedla.org/sleep-statement/>

"Guidance for Local Health Jurisdictions and Communities Addressing Infant Safe Sleep Environments" (3/29/13)
<http://www.cdph.ca.gov/programs/SIDS/Documents/MO-SIDS-GuidanceForLHJsAndCommunitiesAddressingInfantSafeSleepEnvironmentsFinal2013.pdf>

Gettler, Lee T. and McKenna, James. Never Sleep with Baby? Or Keep Me Close But Keep Me Safe: Eliminating Inappropriate "Safe Infant Sleep" Rhetoric in the United States. *Current Pediatric Reviews* (2010) 6, 71-77.

<http://cosleeping.nd.edu/articles-and-presentations/articles-and-essays/>

"Why babies should never sleep alone: A review of the co-sleeping controversy in relation to SIDS, bedsharing and breast feeding" by James J. McKenna and Thomas McDade, *Paediatric Respiratory Reviews* (2005), 6, 134-152.
http://www.naturalchild.org/james_mckenna/cosleeping.pdf

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McKenna's downloadable articles listed at <http://cosleeping.nd.edu/articles-and-presentations/articles-and-essays/>

Talk by James McKenna: "Co-Sleeping with Infants: Science, Public Policy, and Parents' Civil Rights" 18.46 minutes. 2/25/13. <http://www.youtube.com/watch?v=XCZzzqFkyiU>

"Should the AAP Sleep Alone?" by Melissa Bartick, MD. Blog on Breastfeeding Medicine 4/9/14. <http://bfmed.wordpress.com/2014/04/09/should-the-aap-sleep-alone/>

Bartick, Melissa, Kenneth Rosenberg, Martin Bruce Lahr and Kathleen Marinelli. "Study on Sleep Location Flawed, Inconclusive." http://pediatrics.aappublications.org/content/early/2014/07/09/peds.2014-0401/reply#pediatrics_el_63649

Smith, Linda, Diane Wiessinger, Diana West and Teresa Pitman. "Murky Definitions, Missing Data Prevent Meaningful Conclusions." http://pediatrics.aappublications.org/content/early/2014/07/09/peds.2014-0401/reply#pediatrics_el_63649

Kerrigan, Sarah. "Is It Time to Rethink Co-Sleeping?" WBUR, Boston's NPR station, November 8, 2013. <http://commonhealth.wbur.org/2013/11/is-it-time-to-rethink-co-sleeping>

Burbridge, Anna. La Leche League of Great Britain: "Bedsharing, Breastfeeding and the Risk of SIDS" (7/22/14) <https://www.laleche.org.uk/content/bed-sharing-breastfeeding-and-risk-sids>

West, Diana. "Smart Bedsharing Gives Breastfeeding Mothers More Sleep." *The Huffington Post*, "Huff Post Parents," August 9, 2014. http://www.huffingtonpost.com/diana-west/smart-bedsharing-gives-br_b_5662733.html

Smith, Linda J. "Sleeping Like a Mammal: Nighttime Realities for Childbirth Educators to Share with Parents." *Science and Sensibility: A Research Blog about Healthy Pregnancy, Birth & Beyond*. August 21, 2014. <http://www.scienceandsensibility.org/?p=8608>

Bartick, Melissa and Linda J. Smith. "Speaking Out on Safe Sleep: Evidence-Based Infant Sleep Recommendations." *Breastfeeding Medicine*. Volume 9, Number 9. November 2014: 417-422. doi:10.1089/bfm.2014.0113 <http://online.liebertpub.com/doi/abs/10.1089/bfm.2014.0113>

Bartick, Melissa, MD. "Pediatric Politics: How Dire Warnings against Infant Bedsharing 'Backfired.'" WBUR's Common Health, WBUR 90.9, Boston's NPR News Station. December 19, 2014. <http://commonhealth.wbur.org/2014/12/dire-warnings-against-infant-bed-sharing-backfired>

Fleming, Peter J. and Peter S. Blair. "Making informed choices on co-sleeping with your baby" (Editorial). *BMJ* 2015;350:h563 (Published 2 February 2015)

Navaez, Darcia. "The Ethics of Early Life Care: The Harms of Sleep Training," *Clinical Lactation*. Vol 4, no 2: 66-70. <http://www.clinicallactation.org/sites/default/files/issues/CL4-2.pdf>

Huffington, Ariana. "My Conversation with Co-Sleeping Expert James McKenna" *The Huffington Post*. 4/22/2015. http://www.huffingtonpost.com/arianna-huffington/james-mckenna-co-sleeping-expert_b_7119782.html